

ABSTRACT

CREATIVE PROJECT: Step up For Health: Elementary Fitness Program

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This creative project is a pilot for a ten-week after school running program designed for elementary students (3rd - 6th grade). The overall program design was based upon a series of progressive walking/jogging work-outs as well as fitness centered large-sided games and activities. Home workouts were utilized to encourage students to engage in physical activity at home and with other family members. Pedometer use during each session enabled students to keep track of numbers of steps per session. Personal journals were provided for students to record step totals and briefly evaluate their feelings about the activity session. Fitnessgram assessments were used as a pre- and post-test to determine baseline fitness and any fitness gains obtained as a result of participation in the program. Many organizational considerations are suggested to maximize time on task and enjoyment.